The Science of Suicide.

See page 258.

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A WEEKLY JOURNAL OF

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EDITED BY DR. ANDREW WILSON, F.R.S.E. &C.

VOL. XIII.—No. 329. FRIDAY, JULY 26, 1889. [PRICE TWOPENCE.

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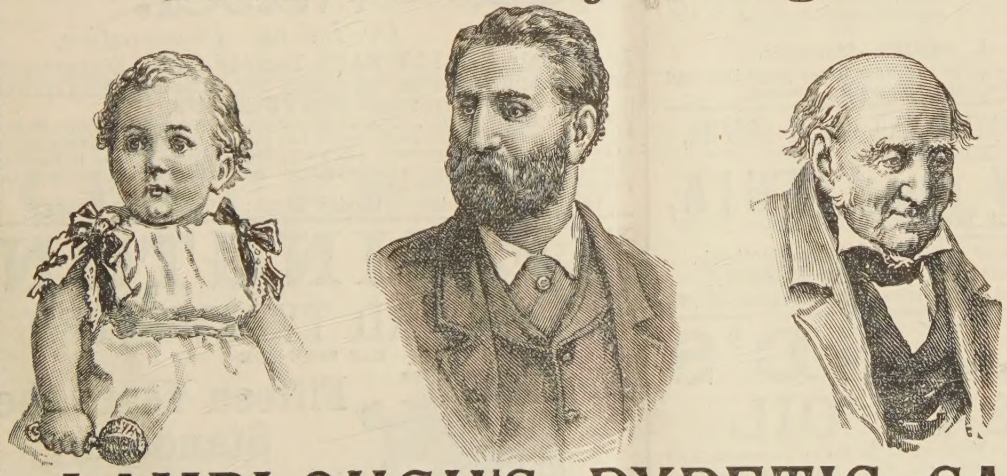

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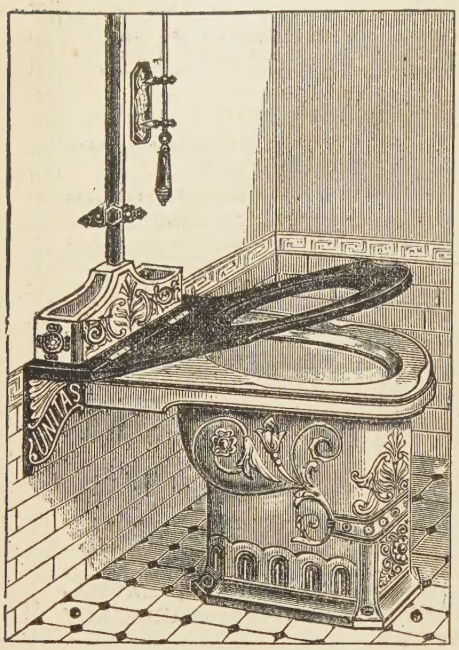

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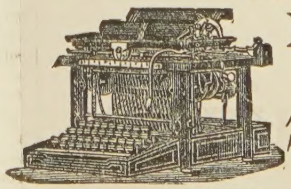

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HEALTH

EDITED BY

DR. ANDREW WILSON, F.R.S.E., &c.

LONDON: *FRIDAY, JULY* 26, 1889.

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Notes by the Way

BY THE EDITOR.

"Health is the foundation of all our physical happiness."—*Herder.*

THE cure of cancer is a topic in which every one, lay or medical, must take a deep interest. An anonymous correspondent of the *Lancet* writes as follows to that journal on this subject:—"In view of the very grave danger and responsibility of making a statement which may hereafter be held to have misled the profession and the public in respect to the curability and actual cure of cancer, I will not venture to do more than ask you to let me make known the following inferences from clinical facts. In the attempts which have from time to time been made to bring tissues infiltrated with cancer cells or the seat of malignant disease, in either of its forms, under the influence of the disintegrating power of papain, it seems to have been forgotten that the condition of success is the preliminary or simultaneous reduction of the vitality of the part to be 'digested.' This condition of lower, or temporarily lowered, vitality exists in the case of those proliferative or exudative growths in which papain has been shown to exert a powerfully destructive influence.

✣ ✣ ✣

"THE point I wish to make known to the profession is that by combining the action of a strong depressant with papain, given internally, and, where possible, at the same time applied externally, the action of the papain seems to acquire a marked degree of potency. I will not at present say more, but simply ask the profession to make calm and unprejudiced trial of the following formula: ℞ papain, three gr.; thallin, two gr.; glycerini tragacanthæ, a sufficient quantity to make one pill. One pill to be taken every third or fourth hour, and, if well tolerated, the dose to be increased to two pills. If there seems to be need of a further increase, it is well to give the pills singly every hour instead of giving more than two at once, as the thallin is not generally well borne in doses exceeding four grains. The papain may be increased somewhat more rapidly than the thallin, but I do not think that it does much good in greater proportion to the thallin than as three to two. For external use the same proportion of the two drugs may be applied, either sprinkled on an open sore or gently inuncted with lanolin as a vehicle. I will not ask you, sirs, to publish my name, because I do not wish to be more than an indicator in this matter, the trial of value and truth resting with the profession."

✣ ✣ ✣

I AM glad to find the *Lancet* taking the lead in what might once have been called a piece of unwarrantable innovation. If any one thinks he has discovered a cure for a hitherto incurable disease, it is his duty to make known the results of his researches, and it is the duty of the press to make known the facts. The *Lancet* and its correspondent are alike to be honoured in this respect, although doubtless certain of the fine old-crusted Tories of the profession, against whom my late friend Dr. Milner Fothergill used to rail and on whom he was wont to pour out the vials of his sarcastic wrath, will look askance at the publication of an anonymous hint regarding cancer treatment. But the sensible laity desire knowledge and the cure of disease; and I trust we shall hear of this treatment having been duly tried and tested.

✣ ✣ ✣

PAPAIN, I may inform my readers, is prepared from the juice of the Papaw plant (*Carica papaya*). It has a power of digesting nitrogenous matter similar to that possessed by the pepsin of the gastric juice of the stomach. Hitherto, papain has been used for the removal of warts, and in chronic skin diseases for the dissolving away of thickened skin-tissue. It has also been employed in diphtheria; and it is said that papain will digest 200 times its own weight of pressed blood-fibrin in a fresh state. Thallin, which is the other ingredient in the prescription, is one of the coal-tar derivatives, and consists of whitish granular crystals, which have a nauseous and slightly pungent taste. It has been used in rheumatic fever,

CANCEROUS DISEASES.

TESTIMONIALS.

The following is from Dr. John Sheerer, St. Albans, Sept. 5th, 1888.

MR. JOHN M. YOUNG, *Manager Missisquoi Mineral Springs.*

DEAR SIR,—My mother, Mrs. Susan Sheerer, of Virgil, Cortland County, N.Y., was pronounced by Dr. Brunson, of said town, to have had a cancer in her breast in 1866. She used two cases of Missisquoi Water, and was cured. She is now eighty-two years old, and in splendid health. Yours truly,

JOHN SHEERER.

MISSISQUOI SPRINGS.

[An Extract from "The Monthly Homœopathic Review," May 1st, 1870.]

By Dr. TUTHILL MASSY.

The Missisquoi Springs of Franklin, County Vermont, are at present rather frequently prescribed in England for diseases where the knife was the severe medicine of other days: I therefore deem it my duty to lay before your readers the experience which I have gathered relative to these Springs.

* * * * * * * *

The Spring A, Missisquoi Springs, is the one most generally exported, and which I have frequently prescribed. It gave great comfort to a lady who was suffered from a large open cancer in the right breast; cleansed the surface, relieved the pain, induced sleep, and diminished the tendency to bleeding, when applied externally, like simple water dressing, and taken in half-tumbler doses twice a day.

The benefits of the Spring A were very remarkable in a lady burdened with an ovarian tumour containing much water, with considerable abdominal tenderness. A few bottles always reduced her great size, and relieved her mind from the dread of an operation which was once proposed.

PAMPHLET on application to the Sole Importers—

INGRAM & ROYLE, 52, FARRINGDON-STREET, LONDON, E.C.

AND OF ALL CHEMISTS.

like antipyrin, to reduce the temperature, but not with equal success.

✿ ✿ ✿

ANOTHER example of science aiding the detection of crime is found in the work of the Egyptian Preservative Company, of Chicago, United States, of which Corporation Mr. W. H. Daniels is the head. He is the inventor of the process which preserved the dead body of Dr. Cronin, bringing it back almost to its normal condition, after it had laid in a sewer nineteen days. The same process is now being worked in England, I believe, by the Egyptian Preservative Syndicate, represented by Mr. John T. Bowden, 25, Bucklersbury, London, E.C.

✿ ✿ ✿

I HAVE received from the head-master of Loretto School, Musselburgh, N.B., a capitally made-out list of school rules, relating to the dress and deportment of the boys. I have not before met with such a sensibly drawn set of regulations, or with any series of rules so thoroughly in accordance with health laws. It would be invidious to specify any of the rules where all are excellent, and more especially as Mr. Almond ventilated his opinions regarding dress, &c., in the pages of HEALTH in days gone by; but I may safely say that if parents are to judge of the excellence of school rules by their sanitary qualities and aims, Loretto must rank highly as a model establishment for boys. One quotation will serve to show the excellent kind of health-morality which is taught at Loretto. Says Mr. Almond, "Although expensive habits may be comparatively immaterial to the boy himself, he is a member of a community in which example is very powerful, and in which any sort of ostentation is obnoxious." Such a manly protest against snobbery in dress is certain to affect the minds of boys, and to encourage habits of simplicity which cannot fail to affect powerfully their after life. Would that Mr. Almond's rule could be applied to many "children of a larger growth!"

✿ ✿ ✿

RAILWAY COMPANIES, I regret to see, have still to warn travellers against the practice, needless and dangerous, of throwing empty bottles out of the carriage windows. A contemporary justly remarks that "there are certain impedimenta as to the disposal of which the traveller by rail is liable sometimes to find himself in a dilemma. A special van accommodates his heavy luggage, and lighter parcels find a lodging in the network over his head. For such waste as odds and ends of refreshment there is no convenient corner. He does not care to litter the carriage. What will he do with them? Convenience at once suggests the window as a suitable outlet, and without further question the unneeded remnants find a home on some bank or cutting, and are quickly left behind. The proceeding is quite natural, and usually harmless enough. Sometimes, unfortunately, it is not; and this fact is sufficiently proved by the case of a platelayer, who was struck on the head and dangerously injured a few days ago by a bottle cast out of a passing train. It is not necessary to discuss the lesson obviously taught by this incident. Travellers will not fail to see that here a very simple act by an unknown hand became, through mere carelessness in the doer, a cause of grave illness, and even of possible death, to one of his fellow-men. The intended purpose would have been equally served, and the risk avoided, had the thrower thought of carefully dropping—and even this is obviously to be deprecated—not hurling his bottle at random, from the window. Unhappily, he did not think." Now that the holiday season is upon us, I trust the oft-repeated warning of the railway companies will not pass unheeded.

Original Essays

"Life is not to live, but to be well."—*Martial.*

THE SCIENCE OF SUICIDE.

BY DR. E. J. DUNGATE.

THE "constant reader," who at the breakfast-table divides his attention between his breakfast and his daily paper, must often have his attention arrested and be also appalled, if he is a sensitive man, by the frequency of the heading, "Distressing Suicide." According to recent statistics, the rate of deaths from suicide is seventy-two per million every year.

Undoubtedly suicide is more common than formerly, especially among professional men and others of tolerably good social position. It is comparatively rare amongst those whose occupations involve manual labour. The suicide is seldom a pauper, outcast, or starveling. In ancient times, when simpler conditions of life prevailed, the crime was very uncommon. Instances of suicide mentioned in the Jewish chronicles and in Homer are marvellously few; and amongst the most superstitious tribes, if we omit the act as connected with religious rites, suicide was almost unknown. We are compelled to admit that the tendency to suicide increases with the growth of civilization, and that the suicide-rate is in direct ratio to that growth. In cultured Germany the annual rate is much higher than in superstitious Spain.

To attempt to classify suicides is somewhat difficult, but it seems reasonable to make a fourfold classification: (1) suicide which is the result of insanity, or of such a weak condition of mind that a mere suggestion is sufficient; (2) that which is the result of emotions of so powerful a nature that the reason is unable to act; (3) that which is the result of a chronic condition of anxiety, worry, and restlessness; and lastly, a rare condition, (4) suicide as the result of calm deliberation, when there is no doubt whatever that the intellect is not clouded.

It is not uncommon for insane persons, whether in an asylum or not, to commit suicide. The present system of treatment does much to prevent this, but in many asylum patients there is a definite tendency to self-destruction. The result of modern investigation is to show that abnormal mental conditions are always concomitant with physical disease, and that the physical disease may be produced by accident, pernicious habits, or hereditary taint.

It is remarkable how many weak people exist in whom involuntary imitation is all-powerful, to whom a mere suggestion is sufficient to cause them to dash themselves from bridges or monuments, eat lucifer-matches, or blow out their brains. After the publication of Goethe's *Werther*, and the *Letters of Ortis*, by Ugo Foscolo, a number of persons in Germany and Italy imitated the heroes of those works. A notable example is that of Fräulein von Lassberg, who drowned herself. Even the accounts in the daily papers appear sometimes to excite to self-murder, for it is a matter of ordinary observation that not infrequently, directly after a suicide has been committed, another occurs in the same place and by similar means. In all ages there is much discontent and disgust with life and social laws; works like *Werther* not only intensify these feelings, but suggest a remedy.

Madame de Staël and Montaigne actually justify suicide. The Stoics approved of it, and Pliny gives a list of maladies, the sufferers from which he regards as

justified in destroying themselves. Montaigne says, "the most voluntary death is the most beautiful." Who shall say how many persons less strong-minded than these authors have followed their advice?

Examples of excited feelings causing the act are not difficult to find. Judas Iscariot was excited by remorse. Fear of falling into the enemy's hand caused Cassius to order a freeman to slay him. Fear of degradation and mortification at being forsaken, cause many dishonoured women to drown themselves, and the fact that some under such circumstances do not destroy themselves may be due either to low sensitivity or to a belief in the capability of supporting the shock. Pride caused Cleopatra to place the asp to her bosom rather than endure the mortification of being subject to Augustus. Plutarch relates that Milesian young women, impelled by emotion, formed a desperate conspiracy, and hanged themselves in great number; but a law being passed that the bodies of all such should suffer degradation, the fear of public shame overcome the emotion which prompted them to suicide.

Pliny tells us that in the reign of Tarquin the First soldiers were ordered to dig sewers in Rome, and, regarding this work as a degradation to themselves, they destroyed themselves in immense numbers. The epidemic was instantly checked by a law commanding that the bodies should be nailed to crosses.

Plato ordered that all who had destroyed themselves through fear, cowardice, or weak-mindedness should have an ignominious burial; but who could say in the event of public shame whether it was supportable or insupportable, or whether a condition which was regarded as inevitable could or could not have been avoided? Although it is to be feared that self-destruction may generally be attributed to cowardice, we must remember how difficult it is to analyze motives and emotions, and also on the other hand to regard it as heroism is most dangerous.

With increased civilization there is a keener struggle for existence, and many men who are physically weak, and whose powers of endurance are weak, find that life is too much for them. If men be abnormally sensitive, it is painful beyond description to see wife and children in a condition of relative poverty, while old schoolmates and comrades with less abilities and less rigid principles have attained competency, if not wealth, and high honour. Continued want of success is more terrible to the highly sensitive nature of a well-qualified professional man, than want of employment to a farm labourer in a severe winter. The charitable wealthy in our country will give generously to the men who shout lustily in the market-place, "We have no work to do-o-o!" But some their charity can never reach, and others there are to whom its reception is worse than starvation itself. Hope deferred, talent unrecognized, toil unrewarded, and the soul is filled with bitterness and a longing for the condition in which there shall be no more struggle. No rest can be found but when a grinning spectre haunts the dreams, the tired struggler chooses death as the lesser of two great evils. Chatterton, who saw himself in London without friends and without means of obtaining a livelihood, "perished in his pride." Even the successful career has its dangers; for to be successful there must be life at high pressure, with little relaxation. With a quicker life and weaker nervous systems men are apt to break down suddenly, and finding that their chance in the race is gone, they are seized with a despair which impels them to destruction.

Cato is often instanced as a suicide of the fourth class, that is one who reasoned calmly and deliberately concerning his end; but we feel certain that it was the feeling of pride which prompted him to die by his own hand rather than undergo the mortification of his enemy's triumph. Bucknill and Tuke, however, state in *Psychological Medicine* that "it cannot be disputed that suicide may be done in a perfectly healthy state of mind."

At the present time no verdict is so common as that of "temporary insanity." The medical officer who makes the *post mortem* certifies that he finds adhesions in certain membranes of the brain, and that drowning, or whatever it may be, is merely the secondary cause of death. The verdict is sometimes the result of sympathy on the part of a jury, and a wish to spare the relatives as much pain as possible. It is not unreasonable to suppose that if the verdict were *felo de se* it might act as a deterrent to others. If a law were passed that the bodies of suicides should be treated as those of murderers, the thought of this degradation might often conquer the emotion tending to suicide. In some cases a verdict of *felo de se* would not be less kind than that of "insanity," for the difficulty of regaining property which has fallen into the hands of the Court of Chancery is proverbially great.

We cannot help suggesting and hoping that an improved system of education may act as a panacea for many social evils, and amongst them the evil of which we are treating. When the difficulties of gaining a livelihood are increased, weapons must be provided so that the struggle may be bravely waged. The early education must have direct reference to the after-life. The youth intended for mercantile pursuits must not spend valuable years in the study of the dead languages, and then be obliged to send to Germany for a clerk to take charge of his foreign correspondence. The future physician must be early at the microscope, and in the chemical laboratory. The daughters of the farm-labourer must learn to scrub, mend, and cook; then they will be better fitted for future duties than by the possession of an accurate knowledge of vulgar fractions or of the chromatic scale.

(To be concluded.)

Athletes and Athletics.—Irving Ross, M.D., holds the the popular opinion as to the danger to health and life connected with great muscular exertions is in the main fallacious. He has never found a case of hernia caused by over-exertion, though he has known many hundreds of athletes. He maintains that they are not more subject to aneurism and heart disease than other people; that, instead of having their lives shortened, they are, as a rule, a rather long-lived class, citing a number of noted examples in proof; that where disease or death does come early it can generally be shown to be due to free indulgence of gross appetite and indulgences; in short, that "all the manly sports should be encouraged and fostered with a view to promote qualities that intimately concern not only the happiness and usefulness of individual life, but also the good of society and the future of the human race."

London Necropolis, Brookwood, Near Woking, Surrey. The largest and most beautiful cemetery in England. Five hundred acres exquisitely planted. Simple funerals. Earth to earth coffins can be used if desired. Pamphlets gratis. Apply—Secretary, 2, Lancaster-place, Strand.—[Advt.]

Personal Health

"Be timely wise;
With health all taste of pleasure flies."—*Gay.*

WHAT IS DIGESTION?

DIGESTION is the final result of the work done by the teeth, the tongue, the palate, the glands, the gullet, the stomach, the bowels, &c., the object of the work being to prepare the food in such a way as to make it fit to be absorbed by the blood, and consequently to nourish the body. For this purpose the food, after having been received into the mouth, is masticated and insalivated; then it is swallowed, and, after passing through the throat and gullet, is received into the stomach, where the action of the digestive fluids, which form the so-called gastric juice, and a to-and-fro movement of the stomach itself, convert it into soft pulp, which is called "chyme." Thence it passes into the intestine, where it meets the bile poured out by the liver and the secretion from the sweetbread. Finally, after the nourishing part has been selected and absorbed by the blood-vessels and the lymphatics, the part which is useless for the purposes of nutrition is conveyed out of the body.

Non-digestion, therefore, means that one, or more, of all the working units in the process of digestion are so modified that the final result, instead of being digestion purely, has become *indigestion*. Now all this simply may take place more or less suddenly, coming on like a storm on a fine day; or we may have what may be safely called an acute attack of indigestion in the shape of colic, diarrhœa, cramp, spasm, &c.; or it may take place in a slow, mild, but steady manner, going on for months, even years; and in such a case we have the chronic condition known under the name of *dyspepsia*. In connection with the above remarks we would recommend our readers to abstain from hearty meals either immediately following or preceding violent exercise. In each case the stomach is rendered unfit for the vigorous discharge of its office.

A hearty dinner taken in the evening after an unusual day's exertion, let it be physical or mental, is sure to be followed by more or less indigestion, and, it may be, vomiting. Sportsmen, pedestrians, and those of sedentary habits are acquainted with this fact through experience. When such an error occurs as an excessive meal, in consequence of yielding to the gratification of the palate, or eating largely to make up for a too prolonged fast, one or two Pepsin Tabloids will at once help the sufferer out of the unpleasantness. The so-called gastric juice is nothing but a mixture of pepsin and hydrochloric acid, and the active principle of the so-called pancreatic juice is a substance called Zymine, which is composed of trypsin and other ferments. It will digest all kinds of food: five grains of a peptonizing powder in the shape of a Tabloid, with a little soda, will sufficiently peptonize a pint of milk in a few minutes; thirty grains, with a little soda, will peptonize four ounces of beef, producing a concentrated, nutritious and delicious beef-tea. What, then, is more rational than to supply those digestive fluids in an artificial manner when naturally either their quantity is smaller than it should be or their digestive power is not equal to the requirements of the body.

A cheerful state of the mind is conducive to the easy digestion of a meal. The influence exerted by the state of the mind upon the appetite and digestion, as well as the nutrition of the body generally, is a matter of common observation. In these days of keen competition no wonder that the majority of those who populate our large cities suffer from dyspepsia in one form or another in consequence of the worry and anxiety they have to undergo daily. A person receiving a piece of unwelcome news just before the commencement of a meal may be unable to eat a mouthful, no matter what might have been the appetite previously. Henry VIII., frowning upon Wolsey, and handing him papers of disgrace, is made by Shakespeare to say:—

"Read o'er this;
And after this; and then to breakfast *with*
What appetite you have."

"Laughter," writes a German physician "is one of the greatest helps to digestion with which I am acquainted; and the custom prevalent among our forefathers of exciting it at the table by the jesters and buffoons was founded upon true medical principles. In a word, endeavour to have cheerful and merry companions at your meals; what nourishment one receives amidst mirth and jollity will certainly produce good and light blood."

THE HAIR.

V.

EVEN in old Biblical days there seems to have been an almost inborn aversion to the absence of hair on the head, as witnessed by the forty-two little boys who applied an unsavory epithet to the prophet Elisha. It may be observed that they paid for their taste. As unfortunate as the lot of the little boys was that of Æschylus, who, we are told, came to an untimely end by an eagle mistaking his bald pate for a stone, and dropping a turtle upon it to crack the turtle's shell. The shell was too much for the skull, and the great dramatist was no more. The Chinese exhibit a proclivity of taste for a shaven head. The Andaman Islanders, we read, formerly used chips of broken flint to remove the hair from the scalp; now that Europeans have been among them glass has supplanted the flint, and it is said to be a source of peculiar gratification and amusement to the wives in those parts to scrape their husbands' heads with glass.

Towards the close of the fifth century a shaven head began to be regarded, both in the East and the West, as a mark of sacerdotal caste; and now the barber's razor was required to co-operate with the bishop's hand to constitute the priest. "Two modes of shaving the clerical crown, the circular and the semi-circular, came into use; but who were the inventors of them? History, with lamentable carelessness, has neglected to record. The Roman clergy gave the preference to the circular shave, which was performed by making bald a small round spot on the very crown of the head and leaving it encircled with hair. The Scottish monks adopted the semi-circular mode of shaving the fore part of the head from ear to ear in the form of a crescent." The clergy do not appear to have liked being singled out from among the crowd to be cropped, so, like the fox in the fable with his tail cut short, recommended similar treatment to all their friends.

Archbishop Anselm demonstrated his zeal by excommunicating those hard-hearted sinners who were so wicked as to persist in wearing hair on the head. "A Norman bishop acquired great honour by preaching before Henry I. against long and curled air. So greatly were the king and his courtiers conscience-stricken, that they consented to resign their flowing ringlets, of which they had been very vain." Like our Ah Sin in the *Heathen Chinee*, the old prelate had something up his sleeve—it was a pair of

scissors. With the aid of these he at once "transmogrified" himself into a barber, and then and there cut the hair off all the folks. For blessings such as these the world does not know how to be sufficiently thankful.

Despite the rigorous threatenings of the Church, the long-hair fashion held its own; but, like Samuel of old, a certain knight had a dream (1129), and this dream succeeded in accomplishing what the power of the Church had failed to do. This knight dreamt that somebody suffocated him with his curls. In order to frustrate all operations of that kind, he jumped out of bed and at once cut off his curls. The news spread like wild-fire, and with the gregarious spirit of sheep the flocks fell into line. The work of the dream, however, only lasted a year, and we read that "all who wished to appear fashionable returned to their former wickedness, and contended with the ladies in the length of their hair." Perhaps the worst thing that could happen to the fashion was a tax levied on long hair, and that tax seemed to influence public sentiment against it.

Hair has considerable strength, and it has been estimated that a single one will bear a weight equivalent to a quarter of a pound, though it may be stretched a third of its length. Our faith, therefore, finds it easy to believe that Absolom might have been suspended by the hair of his head. Powdering the hair is a dirty fashion, which has prevailed, and is not yet quite extinct. Among people who devote plenty of time to looking after their hair, perhaps the Fijian chief leads the way. He keeps one hairdresser to brush and take care of his hair alone, and in the Latooka tribe it requires seven or eight years to complete the head toilet. It is a noteworthy feature that in uncivilized countries the men, and not the women, are the ones to employ their hair most as an adornment. In the Marquesa Islands the husband cuts off the wife's hair and uses it to beautify himself. The Chinese cannot be complained of as derelict in looking after their hair, for in 1858 there were 7,000 barbers in Canton.

In Brazil there is a tribe called Cafusos—a cross between the long stiff-haired natives and the curly bristly-headed negro. The hair of these people is as strange as the combination is striking. "It rises perpendicularly from the head in close, curly masses, and forms a wig of such enormous dimensions that the possessors must stoop low when entering their huts. Hair grows about seven inches a year. The uncleanliness of the early saints made it as well that long hair was frowned upon by the church, for those who never washed would be naturally better off with short than long hair. The denizens of towns find the dust and dirt and smoke soon affect the hair, so that recourse to washing is often required; this involves the need of a superior kind of soap, pure water, and a more extensive knowledge of the hygiene of the skin. Perhaps as noteworthy an outcome of our time as any is the newly invented soap, which, instead of reeking with soda and potash when used, and drying and injuring the hair and scalp, contains plastic, emollient matter, beneficial to both. "Vinolia" Soap is without doubt as perfect a product as has yet been produced.

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OATMEAL AS FOOD.

Oatmeal has recently received some adverse criticisms. This is not surprising, as no food article is just the thing in every case or at all times. Our daily experiences convince us of such truth, by likes and dislikes for very common and the most wholesome foods. It is natural and best to have some variation of the diet. One thing may be just adapted to the state of the individual—bodily and mentally—at one time and not at some other; while with another person it may never agree. The so-called "eternal fitness of things" needs to be carefully studied before deciding an important question too hastily.

Without entering into lengthy and uninteresting details, chemistry, physiology, and experience all prove oatmeal one of the most valuable cereal foods for producing good muscles and clear heads. Why, then, is it frequently found to disagree? It is easily answered. By being used almost exclusively as mush, it is swallowed so easily that it is not properly mixed with the saliva—the first step for digestion.

When there is little or no saliva, as in some diseases, there is also a very weak or no digestion. A good authority says, "No saliva, no digestion." If any soft food, mush, toast, &c., is swallowed too rapidly, or any food is washed down with tea, coffee, milk, beer, wine, or water, some degree of indigestion is thereby produced, sooner or later, as often shown by a sense of fulness, discomfort, belching, and other disturbances. If there is a lack of saliva, or that of proper quality, it is often best to eat some hard kind of bread, as the thin, hard, Scotch, oatmeal bread, bread crusts, rusks, &c., when the teeth admit of it, and very slowly, to thus naturally increase the amount and quality of the saliva. Such a course is often a better and a safer corrective than all the drugs and nostrums in the country.

Good health can usually be secured by correct living. The best physicians are those who recognize this fact, and try to teach it to such patients as are wise enough to employ them. Oatmeal can be used in a variety of ways. As mush, it is often drowned in too much milk, sugar, butter, &c., for good digestion, and is swallowed so easily that it leads to over-eating and its bad results. Let us go slowly before we reject oatmeal as a food.

Ancient Lamps.—The lamps used by Gideon in the defeat of the Midianites were torches or flambeaux such as are still carried in the East, and the earthen vessel, "cad," is still in requisition for the same purpose. Lane, in his *Modern Egypt*, I. ch. iv., states that the Zabit, or Agha, of the police at Cairo carries with him at night a "torch which burns soon after it is lighted, without a flame, excepting when it is waved through the air, when it suddenly blazes forth; it therefore answers the same purpose as our dark lanterns. The burning end is sometimes concealed in a small pot or jar, or covered with something else when not required to give light." The torches used by Gideon were ignited, but the burning end was concealed in an earthen vessel. At a given signal this vessel was broken, the torches flamed out, the 300 men each blew a trumpet, giving the seeming evidence of a great host. The affrighted Midianites fell upon each other in their bewilderment, and all the killing, as they fled down the pass, was done by themselves, the followers of Gideon standing still with the torches in their left hand and the trumpets in their right.

Our Medicine Chest.

"THE aim of using drugs is not so much to destroy diseases as to aid and assist the natural powers to overcome the disease-principle."—*Holland.*

THE season for hay fever is again upon us, and once more we have to note fresh publications regarding its treatment. Dr. Haviland Hall, of the Westminster Hospital, in the course of a communication to the *Lancet*, states that amongst his remedies he frequently orders a mixture containing from ten to twenty grains of the bromide of potassium and three minims of Fowler's solution. The bromide allays the nervous erethism met with in hay fever, while the arsenic has a tonic effect. Antipyrin, in doses of from ten to thirty grains twice a day, has recently been found very efficacious. It appears to have an anæsthetic action on the sensory and secreting nerves of the nasal fossæ. The most effectual method of treatment, however, is the galvano-cautery applied to the mucous membrane of the nose, after the application of a twenty per cent. solution of the hydrochlorate of cocaine. The thickened tissue of the inferior or middle turbinated body, as the case may be, is to be freely and deeply scored with the galvano-caustic blade. As regards the use of a solution of cocaine applied to the nose, the expectations which were formed of its efficacy in hay fever when the drug was first introduced have not been realized. Though the immediate result of the application is to produce an alleviation of the more distressing symptoms of the disease, the effect soon passes off, and the application has to be renewed if relief is to be obtained.

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IN the *Practitioner*, Mr. Maddox, M.B., records a simple method of inhaling volatile remedies—such as menthol, eucalyptus, &c.—for the relief of affections of the throat and lungs. Coil a piece of paper into the shape of a cigarette and fix it with gum. Then insert into one end a small uncompressed piece of absorbent cotton-wool, upon which a drop or two of the desired medicament has been poured. Air is now drawn through the tube by the patient, who holds the other end between his lips as though he were smoking. In a case of pulmonary phthisis the author found much relief from inhaling oil of peppermint in this manner.

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SOME doctors speak highly of the use of glycerine of carbolic acid in the treatment of cough. For instance, Dr. T. Fred Gardner is convinced of its superiority over all other remedies in the treatment of whooping-cough. The paroxysms are fewer, less severe, and the duration of the disease limited to never more than a fortnight, and really for the last few days of this fortnight the cough is almost a "negligible quantity." Added to the above, the acid is almost as efficacious in checking what patients call "stomach cough," a cough of a reflex character, due apparently to disorder of the stomach, and especially frequent in children.

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AN author holds that boils are produced by germs, which become transferred from one hair follicle to another, and accordingly institutes a treatment based on the antiseptic action of boric acid. He applies to the extremities a saturated solution of boric acid in alcohol. On other parts of the body he applies boric acid in substance, and covers it with wadding, which is frequently moistened with alcohol. When the affection is in the nostril the solution is applied with a brush. When the boils are in the external ear he makes an incision only when he is certain that pus is present and the centre of the follicle can be reached. Otherwise the treatment consists in bathing the ear with boric solution. When an outbreak of boils is general, boric baths are used.

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MR. PHILIP MIALL, of Bradford, advises, for ingrowing toe-nail, a concentrated solution of quite fresh tannic acid (one ounce to six drachms of water gently heated) to be painted on the soft parts twice a day. Nothing else is required, and yet the patients are able to go about their work at once with more or less comfort.

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DR. WITHERLE claims to have obtained good results in the treatment of consumptive patients by the internal administration of sulphide of lime. He commences by giving a pill containing half a grain of the sulphide every two hours, and he gradually lessens the intervals between the doses until eructations or other symptom of gastric irritation show that the limit has been reached. In most cases patients were able to take two pills every hour, and their general condition in every instance appeared to improve.

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WRITING to the *Lancet*, Dr. Angel Money says the bilious attacks occurring in neurotic individuals are very different paroxysms from those seen in habitual or occasional over-feeders. A clean tongue—often "geographical" or desquamating too freely in patches—a scanty high-coloured lithatic urine, a sallow face, white motions, dilated pupils, low spirits, and absence of energy constitute the clinical entity in many cases of "bilious attacks." These are very common in neurotic children with dainty appetites. A sharp purge to these patients may do more harm than good, though it is possible to set the viscera working again by such sudden means. The correct treatment is not a dose of castor oil, but a tablespoonful of wine at once and a teaspoonful of syrup of the hypophosphites thrice a day for one week.

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IT is suggested, with the view of facilitating the removal of accumulations of wax in the ears, that the following antiseptic preparation should be made use of:—Acid, boric, fifty-five grains; pure glycerine, an ounce and a half; distilled water, an ounce and a half. This should be warmed and instilled into the ear, leaving it there for a quarter of an hour, and repeating the process for a day or two. The result is to soften the plugs and make their removal comparatively easy by means of the syringe.

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THE following is said to be a useful collodion for stopping bleeding:—℞ carbolic acid, ten parts; tannic acid and benzoic acid, of each five parts; collodion, a hundred parts. To be shaken together until a perfect solution is made.

STONE or marble hearths should be treated with pumice stone and soap, rinsing carefully afterward.

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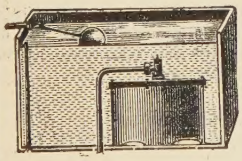

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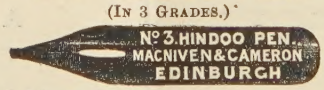

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"The child is father of the man."—*Wordsworth.*
"In bringing up a child, think of its old age."—*Joubert.*

SPICES AND CONDIMENTS.

Looking back into English cookery books of ancient date, we find that ginger was formerly used as a spice condiment on occasions that cooks would never dream of now. At the present time ginger is chiefly used to flavour a few drinks. It certainly does enter into some kinds of curry and paste, but with this exception we are not aware that it is ever used for meat flavouring. Far otherwise was it in the time of the Plantagenets and Tudors; then ginger was made to impart its pungency to joints, poultry, and *entrées*. We should now deem this use of ginger repulsive; but our ancestors seem to have liked it well, otherwise they would not so continuously have used it.

Few condiments are more popular than clove spice. The tree on which the clove grows is indigenous to the Moluccas or Spice Islands, where, and in many other islands, it is extensively cultivated. Many parts of the clove-tree are odourous, but the cloves of commerce are the dried flower-buds, these being found to contain the odourous principles characterizing the spice more highly developed than any other part. The flower-stems, however, are nearly as strong; and these, broken up into small lengths, frequently mingle with the real cloves of commerce. When sufficiently ripe, the buds are collected either by hand or else by beating or hooking down. They are either dried by fire-heat or, what is preferable, by exposure to the sun. The chief virtue of cloves resides in a pungent, volatile oil, present to such an extent that it may be forced out and made evident to the eye by pressure.

Cinnamon is the bark of a member of the laurel tribe, and is chiefly cultivated in Ceylon and Java. The Cingalese cinnamon gardens are mostly situated in the neighbourhood of Colombo. The bark-peelers, or *choliahs*, only strip young branches of the cinnamon-tree. Shoots or branches much less than half an inch or more than two or three inches in diameter are not peeled. The operation is conducted by making two opposite longitudinal incisions along the bark, or, if the branch be large, even more; then a knife-blade being thrust underneath the bark, the latter peels away. The bark is next set aside for twenty-four hours, when it is scraped on both sides. After a few hours, the smaller quills are inserted within the larger ones, and the whole collection is then sun-dried.

Having a general similarity in appearance to that of cloves, pimento, or allspice, differs from it in being the fruit of a tree, whereas cloves are the unexpanded flower-buds. Pimento is a native of the West Indies, and is chiefly cultivated in Jamaica, where the trees yielding it form long avenues called "pimento walks." The term "allspice" is given to pimento, because the flavour of it is said to resemble that of cinnamon, cloves, and nutmeg combined.

Saffron as a condiment has almost wholly gone out of use, although formerly much employed in the English *cuisine*. The people of Devonshire and Cornwall still use it in certain sorts of buns, but more as an agreeable colouring matter than as a condiment. Yet, from the thirteenth to the sixteenth century, saffron entered into the composition of meat viands with a frequency at least equal to what pepper does in the present day.

Bitter almonds, as a condiment, is a flavouring material of great interest from many points of view. The strong odour possessed by volatile oil of bitter almonds is familiar to most; yet the fact is remarkable that none of this oil can be detected in the bitter almond itself. In this case, as in mustard, the act of crushing and mingling with water develops a new product. The volatile oil of bitter almonds is violently poisonous, owing to the presence of hydrocyanic or prussic acid; it is possible, however, to separate the prussic acid from the oil without materially lessening the power of the latter as a flavouring agent. One drachm of bitter almonds has almost killed a pigeon, and a small robust dog has been killed by twenty seeds. Some people are very much affected by bitter almonds, even when administered in small quantities as a mere flavouring agent.

Nutmegs and mace are both obtained off the same tree. Each nutmeg is closely enveloped in its covering of mace, and the whole contained in a large fleshy mass or pericarp. Nutmegs are especially liable to attacks from an insect, which, however, only begins its ravages while the spice is yet undried. It is a great object, therefore, to complete the dessication as soon as possible, which is effected by smoke-drying over a wood fire for about two months. When the nuts rattle in their shell they are ready, and are then cracked with wooden mallets, and the bad ones cast aside. They are afterwards cleaned in lime-water, or else by having quicklime sifted over them. Mace undergoes the process of drying for some days in the sun, or under heat if rain should set in. At first mace is crimson or blood-red, only acquiring the golden tint so familiar to us when three or four months old. Both nutmegs and mace are peculiar among spices for a certain narcotic quality, not dissimilar to that of opium, but much weaker.

Cassia-bark is a spice very similar in appearance and taste to cinnamon. On the Continent, indeed, as in the United States, cassia is regarded as a cinnamon, though a broad distinction is drawn in this country. The flavour is much stronger than that of cinnamon, but not so delicate; and, moreover, it leaves upon the palate a certain taste of bitterness. In Germany, Russia, and North Europe generally, as also in Turkey, it is preferred to cinnamon on account of its greater pungency. Cassia-bark occurs in much larger quills than cinnamon, and, when bent, breaks with a clean fracture; whereas cinnamon is tough, more readily bending than breaking. How agreeable both cinnamon and cassia are as condiments one need hardly state. It is used for flavouring certain drinks, tarts, and puddings; but the chief consumption of cinnamon is in the manufacture of chocolate.

SOME BAD MENTAL HABITS.

Dr. J. F. Goodhart, in the course of a recent lecture, made the following apt remarks on some curious habits of mind:—Let us take now a minor mental ailment or bad habit—what I will call inconsequence of thought. At its worst it is insanity, and no doubt about it; but in its earlier or milder phases it is the direct outcome of a faulty education of the mind; it is often the result of indulgence in mental sloth, and one may well suspect that, could we but trace back many a rambling dementia, we should see its origin and slow accentuation in and from some such early and at first trifling fault. To arrive at a logical habit is a most laborious mental process to the great majority of minds, and but few men in comparison to the multitude attain it; and, like all the com-

plex habits in which the hand soon loses its cunning for want of practice, the logical habit, unlike the more rudimentary tricks, unfortunately, soon blunts of its keenness, and it may be said to require a lifetime of labour devoted to its service. The possessor of such an article, however, might well pride himself on being a great mental surgeon and anatomist, for his skill in dissection is indisputable, and the instrument with which he works is a weapon of the finest and coldest steel.

Another bad habit easily cultivated and very common is drowsy-mindedness. Take it as actual sleep, its most extreme form, and it is by no means uncommon. Natural sleep is only a habit. Much has been written about it and its peculiar punctuality. But there is nothing wonderful in sleep when once the organism has been commissioned with what we may still call the "principle of life." It has been well said that all nature sleeps; and so it does, each organism after its own fashion. The amœba has intervals of rest between the outputs of fresh processes, and these are sleep to it. The breast and the uterus have their rest, long sleep that sometimes ends in *death* of function, which is their life by having been too long. The heart has its diastole, a twelve hours' sleep in snatches; it wants and has no other. The sleep of the upper nervous system is a temporary insensibility, a cessation of its functions, so much for so much work, an absolutely ineradicable habit engendered by ages of custom. What else could it be? The cessation of the function of thought is sleep; the other characteristics are secondary and obedient even unto death.

And, as a habit run to excess, sleep can by some be so much indulged that there is practically little limit to the duration to which it may extend. Try it any one for himself—at any rate, such as are of the sleeping habit, for I shall have to speak directly of the opposite of this—viz., the habit of sleeplessness. Make a point of taking a nap after dinner for a few days, and see how much resistance will be requisite the first time you renew your accustomed activity, unless the inclination is counteracted by some occupation of preponderating exhilaration or interest. Sleep late into the morning—sleep at any time—cultivate a general drowsiness, and there are, I say, a large number of us who could with ease so develop the habit as virtually to sleep twelve, fourteen, or sixteen or even more hours, with practically no intermission of the state. But I am more concerned to insist upon a state of sub-sleep than this, a prolongation of natural sleep. For one such case as the latter, there are hundreds of the Pickwickian Joe type passing through life half asleep—that is, not thinking. Or, like David Copperfield, his thoughts not intent upon his calamity, "but idly loitering near it." A thought comes into the heads of such occasionally, and tickles the brain for a few seconds into a few fitful sparks, but the best part of the wakeful hours is spent in "mooning," they could not tell you any definite purport in their thought. This is a bad habit, and too readily indulged by all of us, for the simple reason that it is more difficult to keep out of than to fall into, and no doubt it rolls some minds down the hill into dementia.

It is computed that if one horse can draw a certain load over a level road on iron rails, it will take one and two-thirds horses to draw the same load on asphalt, three and one-third horses to draw it on the best Belgian block, five on the ordinary Belgian pavement, seven on good cobblestones, thirteen on bad cobblestones, twenty on an ordinary earth road, and forty on a sandy road.

Popular Science Papers

"Blessings on Science! When the Earth seemed old,
When Faith grew doting, and our reason cold,
'Twas she discovered that the world was young,
And taught a language to its lisping tongue."

—*Charles Mackay.*

TWO NOTED EXAMPLES OF QUACKERY: THOMSON AND PERKINS.

By John Crowell, M.D.

In these days, when quackery and empiricism are reduced to a kind of refinement, and when the forms and appliances of treatment are somewhat divested of the coarseness and brutality of a former period, it may be interesting to the younger members of the medical profession to recall the romantic history of two prominent quacks of a former day—Samuel Thomson and Elisha Perkins. Both were Yankee born, and both of these remarkable men attained a notoriety for skill and deftness in the treatment of disease that seem incredible in these days of scientific methods. The career of Thomson was unique, and even to this day Thomsonionism has its votaries, and lobelia and rum sweats are retained with the tenacity of old friends.

Thomson was a man of indomitable energy, born in the wilds of New Hampshire in 1769, before the days of medical schools, and when but a few foreign drugs were imported. With the resources of a genuine Yankee, he betook himself to the woods, and made a rude study of the roots and herbs indigenous to the stubborn soil. His theory was that all disease was owing to "canker in the stomach," and, reasoning from this, it was evident that one kind of canker caused measles, another kind caused scarlet fever or canker-rash, and so on through the long list. These various cankers he numbered 1, 2, 3, &c., and gave to each number a specific remedy of a corresponding number.

Thus, canker No. 1 must be met by lobelia, but if the inside of the stomach was left cold, it must be warmed up by No. 2, cayenne pepper. If during this process the patient became nervous or had convulsions, he must be treated to No. 3—nerve-root or skunk cabbage. Steaming was an adjunct in this process, and this consisted in subjecting the victim to the steam of vinegar and water. The apparatus was an open-bottomed chair, in which the patient was seated naked, but enveloped in a comforter. Underneath the chair an iron basin was placed, filled with water and vinegar, into which was plunged a red-hot stone. During this process, the poor wretch was treated to alternate doses of lobelia, cayenne pepper, or skunk cabbage, according as he was hot, cold, or "had fits." This ordeal was repeated daily, or oftener, until the subject was either cured or killed.

Thomson's fame soon spread all over New England, and he went from town to town "doctoring" all kinds of maladies, and attaining a notoriety for skill, without precedent in the realm of quackery. His methods, however, became so harsh, and the results oftentimes so fatal, that he was repeatedly prosecuted for malpractice. He was several times imprisoned, was tried eight times for manslaughter, poisoning, and murder, but was each time acquitted. The most remarkable case for which he was tried was that of Ezra Lovett, Jr., of Beverly, Mass., and as this is a fair sample of his heroic methods, it may be interesting to give the treatment adopted in this instance, which was followed by fatal results. Nothing seemed to ail Lovett but an ordinary "cold," but Thomson took

him in hand in true heroic fashion. He first steamed him, according to rule, and, while sweltering and suffocating under the blankets, he was made to swallow a teaspoonful of lobelia, which caused vomiting, but the dose was repeated thrice in half an hour, operating with great vehemence. Then a "coffee," composed of marsh-rosemary and bay-berry bark, was given, and the victim, sweating profusely, was put into a warm bed. The treatment was continued daily, and on the third day the patient was made to walk out in the bleak air of January; then he was dosed with more lobelia and the "coffee." His debility increasing, he got six more powders of lobelia on the sixth day, when the poor fellow said he was dying, as "the medicine had got down to his navel," attended with great pain. Thomson said he would "unscrew the navel," and two strong men held Lovett while more doses of lobelia were forced down. As this process was followed by "fits," a dose of the skunk cabbage was given, when the exhausted wretch gave up the ghost.

For this barbarous maltreatment, Thomson was tried for murder, but was acquitted (see Sixth Massachusetts Reports, 134).

Thomson attained a wider notoriety than narrow New England could afford. He went to New York in 1806 to cure yellow fever, and in 1812 he went to Washington to obtain a patent for the use of lobelia in fevers, and also for his steam-sweating. Strange to say, he came back with a patent, and formed a "Friendly Medical Society," the rights and honours to which could be obtained for $20. While in Philadelphia, the celebrated Drs. Rush, Mitchell, and Barton treated him with considerable deference and "patience."

Thomsonionism was introduced into England by the Coffinites, but it met with a sterner fate here, no less than thirteen cases of manslaughter having been reported as the result of the lobelia process, modified by cayenne pepper.

Thomson had, withal, a poetic vein, and, like Silas Wegg, sometimes "dropped into verse." An amusing example is here given of his ingenious way of putting into rhyme the operation of his physic, with moral reflections:—

"The emetic No. 1's designed
A general medicine for mankind,
Of every country, clime, or place,
Wide as the circle of our race.

"In any case, and state, and stage,
Whatever malady may rage,
In male or female, young or old,
Half its value won't be told.

"Let No. 2 be used bold,
To clear the stomach of the cold;
Next take the coffee, No. 3,
And keep as warm as you can be.

"When sweat enough, as we suppose,
In spirit wash, and change your clothes;
Then get to bed, both clean and white,
And sleep in comfort all the night."

Elisha Perkins, the founder of Perkinism, was born in Norwich, Conn., Jan. 16, 1741. His system was much more harmless and less heroic than that of Thomson, consisting of the use of metallic "tractors," or "pullers-out of disease," which he invented in 1796. These consisted of two small pieces of metal, one made of light brass the other of polished steel. The two pieces, which were about three and a half inches long, fitted together in a groove, so as to look like one instrument when used. It was claimed that these metallic pieces possessed electrical power, and, when drawn over a part of the body affected with rheumatism or kindred maladies, the curative effect was wonderful. The most marvellous stories were told of the results of the operation, and the magnetic and voltaic power was so great that it would operate through the clothing, without applying the instrument to the bare skin. These tractors were endorsed by the faculties of three colleges in the United States, and in England the inventor was most warmly received by the learned as a countryman of Franklin, whose scientific discoveries were interesting the civilized world. An institute was formed in England, presided over by Lord Rivers, and the learned of all professions were swift to join it. Certificates of the highest order, and of the most positive character, flooded the land, and Elisha Perkins was looked upon as a great benefactor of his race.

But exposure was near at hand, and this was made in a very adroit way by Drs. Haygarth and Falconer, who made *wooden* tractors, and painted them so as to precisely resemble the genuine article. And, strange to say, the results produced by their use were exactly the same as those which followed the metallic wonder-workers.

The wily doctors carried on their work of deception with a high hand, even going so far as to induce people to give public thanks in the churches for their wonderful recovery. A volume was published, filled with scores of cures effected by the use of the wooden tractors, and the result was the complete overthrow of Perkins and his outrageous humbug.

The faith in these tractors, and in other methods of marvellous curing, is but a transmission of the royal faith cure, by a touch from a king's hand. For centuries the kings of England and France had, for five guineas each, been in the habit of touching scrofulous swellings, and, by the magic power, the diseased gland would resume its normal condition. Edward the Confessor touched, in one year, nearly ten thousand cases, and one person was executed for high treason for speaking against the wonder-working power of his pious majesty. Edward's fame arose from the effect produced by his touch upon a suppurating gland on the neck of a pretty young noble-woman. She dreamed that the disease would disappear if the swelling could be washed by the king's own hand. Edward complied by washing the gland with warm water. During this process, the softened tumour burst, and, discharging the pus, the part soon healed. This was hailed as a miraculous result, and the fame of the king knew no bounds.

We smile at all this nonsense, and wonder at the ignorance and superstition of a former day. But a little observation will reveal the fact that, although the revolting and palpable methods have become nearly obsolete, there yet exists, in more subtle and fascinating forms, practices which will none the better stand the tests of scientific analysis. Let us be just with our own time as well as sit in judgment upon the absurdities of the fathers.—*Popular Science News.*

Indian Ink.—B. Piffard, in *Chemical News*, gives the following process, the result of which, he says, seems to be identical with what is sold as Indian ink, so far as the general uses to which it is applied. An excess of camphor is placed in sulphuric acid, and at the end of twenty-four hours there is a gelatinous mass of a slightly reddish colour. When this is heated it effervesces, giving off fumes of sulphurous acid, and turns intensely black. By evaporation, the excess of camphor and acid is driven off. The remaining mass has the colour and appearance of Indian ink. When a portion is placed in water it is entirely soluble.

Healthy Houses

"A happy home must be a healthy home."—*Anon.*

SANITARY CEILINGS AND WALLS.

By M. B. CHURCH.

MUCH has been done by the sanitarians of the country, and especially the Board of Health of this State, to try to enlighten the people sufficiently in regard to the sanitary nature of the prevailing modes of coating or re-coating and ornamenting the ceilings and walls of rooms for domestic habitation; yet much remains to be done in this direction. The reason is, no doubt, that those who strongly condemned the prevailing modes offered no relief, gave no way of any kind by which the people could even plainly cover their ceilings and walls.

Prof. R. C. Kedzie, in his lectures when President of the State Board of Health some years ago, advised his audience to forego the pleasure of decorated walls, or to simply whitewash them with lime, rather than stop what he terms "wall respiration" by sealing or strangling the pores in the plaster with paste and paper, kalsomine or paint. He illustrated to his audience by means of blow-pipes filled with dried mortar and some coated with paper, others with paint and kalsomine, showing how readily air passes through walls of ordinary mortar, and stucco finish (the so-called hard finish), or when simply whitewashed, and how this "wall respiration" was prevented by all the other modes; and, under the Professor's directions, the State published a book entitled *Shadows from the Walls of Death*, and placed copies of it in all the public libraries, with this Bible inscription on its cover:—"And, behold, if the plague be in the walls of the house, with hollow streaks, greenish or reddish, then the priest shall go out of the house to the door of the house, and shut up the house seven days. And he shall cause the house to be scraped within, round about, and they shall pour out the dust that they scrape off without the city into an unclean place."

This book contains seventy-five specimens of arsenical wall-papers, all gathered from the paper stores of Michigan, and gives authenticated cases of poisoning from many of those papers, and on all of them arsenic was found in the colours, not only green but nearly all colours and tints, and some, also, in making the finish or lustre. A year or two ago the sanitarians of Massachusetts made quite an effort in this direction, introducing a bill in the Legislature to prohibit the sale of such paper, but the paper men used their influence against it, sent representatives to the Legislature, who claimed or pretended to prove that there was no foundation to the claims made by the sanitarians, and the bill was defeated.

Now, while there are many cases where the people have suffered from arsenical wall-paper, I am fully satisfied, from a thorough study of this subject of wall coatings constantly for fifteen years, and quite a portion of the time applying the same, removing old papers and kalsomine, and from talking with sanitarians and scientists on the subject, that a greater amount of sickness is caused from other conditions of the walls and conditions that generally prevail, and in nearly every house, than from the very dangerous arsenical wall-papers; and I believe in many of the cases cited, where it was proved that the patients had suffered in rooms coated with paper which proved on examination to contain arsenic, that other conditions connected with the same paper and walls so contributed largely to the troubles.

We will now consider the prevailing modes. It is well known that most houses are papered, and that care has been taken in most cases to choose dark papers with many figures, for the same reason that a workman prefers a coloured shirt; and I think I do not overstate when I say that seven-eighths of the buildings papered are papered more than once; that is, that two or more layers have been pasted on one upon another, and that a large portion of these, say, one-half of them at least, have from six to a dozen layers on. It seems as though people should only need to be reminded of this nasty practice, saying nothing about its effect upon health, to induce them to at least remove the old coats of paper and paste, after they have become filled with filth, before applying new coats. It is not necessary for me to explain what every person knows—that flour paste will soon mould; that it is a ready absorbent of moisture and disease germs; also, that paper is a very ready absorbent. They may not be aware, however, that the colouring and bronzes, which are pulverized metals, brasses, &c., are only temporarily held upon the face of the paper with animal matter (glue) that soon decays, and glue is the greatest absorbent of moisture and the natural culture ground for the germs, and if these little pests get sufficient heat while there they will flourish; and the rooms are sometimes very warm above the lines of the doors and windows with a moderate fire; and where repeated coats of this paste, paper, and glue are applied, from which out-door air with its purifying effects is excluded, by the respirating pores being sealed or strangled, the danger is much greater.

The glue soon rots sufficiently to allow the air, or any friction, to remove small particles to which these germs have attached themselves to float about the room unseen, until they lodge in the system of some unsuspecting victim whose physical condition is such that they take effect; then they still have the little particles of fertilizer with them to help give them a start on their deadly mission.

Dr. Henry B. Baker, Secretary of the Michigan State Board of Health, has shown us many different kinds of these little bacilli, some of which he had printed cuts of, taken from photographs. He explained how, by the aid of the latest improved microscopical instruments, it was possible to distinguish these pests one from the other, those causing typhoid fever from those causing consumption, &c., and explained how their growth can be watched, where they have been caught on bits of moistened glue; how they must come to a certain state of maturity before they are dangerous, and that they do not then take effect unless the lungs, or other parts of the body they strike, are in such a weakened or inflamed condition that nature cannot expel them.

The fact that these conditions do not always cause serious mischief; that some people do live in rooms the walls of which are in a very unsanitary condition and, probably, filled with vermin, contagion, and filth, without apparent or immediate injury to them, causes many to think that these claims made by the sanitarians are without foundation, or not of vital importance, while they probably suffer from these causes, more or less, which they attribute to having taken cold, or to having committed some impropriety in eating or overwork; and when they become very sick they flee to another climate, if they are well to do, where they often recover, probably by getting in a room not in so bad a condition, and returning home to have the old trouble

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return, and continue to breathe this slow death-dealing matter to save the expense of removing the filth from the walls, or because they do not believe or have not heard the warning.

Another unsanitary practice is what is known as kalsomining, which is the covering of ceilings and walls with coats of inert powders and colours, temporarily fastened to the wall with the same kind of animal matter used in coating wall-papers. This glue coat also strangles the wall, but is not so bad as wall-paper, and seldom contains as much poison, and does not admit of coating so many times without falling off, though there is more glue in it, and it rots sooner, to be set afloat. Another bad practice is the painting of walls with oil paint, composed of lead, zinc, and colours mixed with oils. This seals the pores of the walls more effectually than does the kalsomines or wall-paper, but remains longer before it decays sufficiently for small particles of the lead to be dislodged, though it always gives off a slight smell of paint, and when the room has been closed it always has a stuffy or stifled smell, as do also all rooms covered with many layers of wall paper. The painted walls can be washed, but even if washed frequently the fine cracks always found in walls will be washed full of filth and the germs of disease if any in the room.

That air passes through walls is proved by the dust marks seen on plastered walls, or those that have been only whitewashed or alabastined, indicating the spaces between the lathing caused by the dust being filtered from the air more between the laths than on them.

It should be borne in mind that it is not claimed that the amount of air that will pass through walls, the pores of which have not been strangled, cut any considerable figure in furnishing air to the inmates of the room; but that this purifying of the ceiling and walls takes place by the constant passing of pure air through and through them, oxidizing, or practically burning, these little germs, as it is well known pure air will do. In one of Prof. Kedzie's lectures he cited experiments made by Profs. Marker and Shultz, in which they prove that a difference of twenty degrees in temperature on either side of a wall of brick and mortar would cause eight cubic feet of air to pass through each yard of such wall every hour.

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Public Health

"Health is the first Wealth."—*Emerson.*

COMPULSORY NOTIFICATION OF DISEASE.

The following extracts are from a lecture delivered recently by Dr. B. A. Whitelegge on the "Notification of Infectious Diseases," before the Sanitary Institute, London.

Dr. Whitelegge said that compulsory notification of infectious diseases, which was, perhaps, soon to know the law of the country, was far from being a new and untried measure. It had for years been in full operation in many large towns in England and Scotland, with a combined population of some millions. The right of public authorities to interfere in regard to infectious diseases had been established years ago by the various sanitary acts. Compulsory notification was the logical outcome of these acts, since without it only a partial control could be exercised.

Without a knowledge of the whole incidence of a disease upon their districts, it was often impossible for authorities either to trace back cases to a common source—an infected milk-supply, for example—or to prevent the majority of cases from forming fresh centres of infection. Still, notification would have little value in the hands of inert authorities, and at best it could only enable us to deal with known causes and conditions. There were many undiscovered points in the natural history of the best known of the infectious diseases over and above their common characteristic of infectiousness. There would still be seasonal and local prevalences, and even epidemic outbreaks, under the best system of notification, but these outbursts would inevitably be fewer and smaller when the preventible cases were deducted from them. The value of notification had perhaps been best shown in regard to small-pox, and the contrast between Sheffield and Leicester was very instructive. The results were scarcely less satisfactory in respect to scarlet fever, which had decreased far more in notification towns than in non-notification towns, or in the country at large. This was shown by the mortality records of the last twelve years, and was the natural result of the policy of isolation and exclusion from school, which could only be carried out under notification powers. The results as regard typhoid fever and diphtheria were less marked.

It was doubtful whether measles and whooping-cough could be brought under satisfactory control by notification unless the facilities for hospital isolation were greatly increased, but notification would be of much service in limiting the spread of infection by schools. In Nottingham, it was found that more than two-thirds of the whole number of scarlet fever cases were known to the sanitary authority within four days of the rash, and more than a quarter within twenty-four hours. Two-thirds of the cases were removed voluntarily to hospital, and with few exceptions the removal took place within two or three days of the onset. The lecturer described in detail the working of the notification act, and steps taken upon receipt of the notification, and the various record and disease maps which were kept. With very few exceptions no friction had arisen with the medical profession or the public in the notification towns, and no district which had once adopted the system showed any disposition to abandon it. Public opinion throughout the country was practically unanimous in favour of compul-

sory notification, and it was advocated warmly by sanitarians. The only real opposition arose from a scruple on the part of a section of the medical profession, to whom it seemed that notification by the medical attendant would be a breach of professional confidence. All opposition had, however, almost always died away when the system had been in work a year or two. Notification by the householder was at best an inefficient substitute. Medical notification had in practice been found to be free from difficulty, and by this means alone could a complete registration of infectious diseases be accomplished. The point to be notified was always a medical diagnosis.

On the Influence of Sea-Sickness on the Growth of the Nails.—In the *Illustrated Medical News*, May, 1889, p. 128, Mr. Stephen Paget contributes a wood-cut showing how slight and transient may be the disturbance of the general health that can arrest the growth of the nails. The case was that of a gentleman who went to America and back, and was badly sea-sick during both voyages, and it was found that the furrows in the nails corresponded exactly, in point of time, to the two attacks of sea-sickness.

An Imitation Hospital.—In a Hungarian town the Red Cross authorities had neglected to organize their hospital for two years, when they received notice of an Archducal visitor who would be with them in two days. No time was to be lost; a building was rented for a month and 100 workmen set to work to put it in order. Beds and other necessaries were borrowed from a real hospital, and patients hired. The Archduke declared himself satisfied; but he had scarcely turned his back when the workmen were called in to restore the house to its former condition. The patients were dismissed—but here there was a hitch. They were receiving two florins a day for being sick, and knew they had a good thing. They were put out by force; took their cases into court; the committee was compelled to pay them their wages; and as the affair came to the Archduke's ears, the originators of the scheme failed to obtain the decorations they expected.

The "Nebulizer." — This simple, yet ingenious instrument has been noticed at length in our pages, and it is perhaps hardly necessary to revert to its value in the treatment of affections of the nose, throat, and pharynx, as well as the more common troubles of the lungs. But as the present is the season for hay fever and summer catarrh, a further reference to the "Nebulizer" is permissible. The aim and object of the instrument is that of converting into a condition of the finest possible spray or vapour the fluids with which it is charged. It is obvious that in a condition of fine vapour, remedies have a much better chance of passing into the respiratory passages than when administered in the form of ordinary spray. The apparatus is simplicity itself, and is not liable to get out of order; while for self-inhalation it is admirably adapted. A list of recipes for use in the "Nebulizer" is supplied with each instrument by Mr. A. E. Holt, 74, Fleet-street, London, E.C.; the cost of the apparatus being 10s. 6d. From our own observation of the "Nebulizer" we can bear testimony to its utility in catarrh of the nose, and in ordinary coryza. The principle of applying remedies directly to the mucous membrane of nose, pharynx, or lungs is growing in favour among physicians, and the invention of this cheap and portable apparatus will certainly facilitate the extension of this rational treatment.

Jottings from the Journals

"Th' ingredients of health and long life are
Great temperance, open air,
Easy labour, little care."—*Sir Philip Sydney.*

Sanitary Disposal of the Dead.—The Rev. Charles L. Treat lectured at the Academy Hall of New York on the new system for the "Sanitary Disposition of the Dead." He proposes to substitute for a multitude of family vaults a large, handsome and massive building, resembling in many respects a well-appointed library. Plans have been prepared for such a building with a frontage of 380 feet and a depth of 100. This would be sufficient for 40,000 people. It will be constructed of concrete of the finest quality. The casket spaces or sepulchres will be in tiers of six, and each tier and each sepulchre, as well as the arched corridors and halls, will have walls of concrete. The inner walls will be built up in conjunction with the outer walls, three inches at a time, and the whole will form a monolithic house of concrete, seamless, jointless, and as durable as the everlasting hills. The force that levels it will first have levelled and pulverized every other erection of man. For the purpose of ornament, the walls both outside and inside may be faced with polished granite or other durable stone, fastened in the concrete before it hardens. Each casket space or sepulchre will be supplied with an inlet pipe and an exit pipe, and these pipes, thousands in number, are to be brought together in a furnace room in a sub-cellar. The process of burial is simple in such a building. A casket is placed in one of the cells, the head of the sepulchre is filled with a glass door carefully sealed, and the entire space becomes air-tight, except where the two pipes have openings. A current of dry air is drawn through the casket to the furnaces, where it is purified by fire, and then discharged into the upper air innocuous. This current eventually carries away 80 per cent. of the body, which is water or gases. Only the mineral or solid parts are left, and these will remain for all time. Although the body is reduced to about forty pounds in weight, the face remains without discolouration or material change, the large bones preventing material shrinkage. The new process is advocated by some of the most eminent sanitarians in America.

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The Forms of Leaves and their Uses.—Even the most cursory observer of vegetable life must have been often struck with the various forms of leaves. Why they should be so variously formed does not, however, often suggest itself, though there is a reason for the special shape and texture of almost every leaf in existence. Plants, such as grasses, daffodils, and others which usually grow in clusters, have generally narrow leaves growing upright, so as not to overshadow one another. Other plants, of isolated habits, have an arrangement of foliage which secures to themselves the space of ground necessary for their development. The daisy, dandelion, or shepherd's purse — which may mostly be seen in pastures—are examples of this. A circle of broad leaves pressed against the ground, forming what is known as a rosette growth, effectually bars the approach of any other plant, and keeps clear from all other roots the space of ground necessary to its own nutriment. Floating leaves and leaves of marsh plants are usually of simple outline, for, having few competitors, they are not liable to get in one another's light. Submerged plants have mostly leaves of narrow segments—the reason for which is not

very well understood, though it is assumed by naturalists that it is for the purpose of exposing as large a surface as possible, in order to extract the minute proportion of carbonic acid dissolved in a vast bulk of water. Leaves on the boughs of trees are often much divided, so as to fold easily, to prevent their being rent and torn by high winds, while the glossy surface of evergreens is intended to throw off rain and dew, which might freeze on them, and so cause injury to the tissues within. But the hairs on the surface of leaves are perhaps the most interesting study of all. With the aid of a microscope, the beautiful and systematic arrangement of these can be easily discerned, and their uses understood. On many plants there are glandular hairs, to catch or deter small creeping insects; on others, there are hairs set so as to act as effectively against young animals as a spike palisade against obtrusive boys; on others, hairs which arrest the drops of moisture and force them down the leaf-stalk, to moisten the earth about the roots; while others are protected by a series of poisoned stings. The ordinary nettle is an example of this, and the beauty and ingenuity of its mechanism is truly wonderful. Each nettle hair is armed with a brittle and pointed siliceous cap, which breaks off in the wound, and the poison is then able to flow out through a tubular hair from a reservoir at its base. There is scarcely a form of leaf but is specially modified by nature for some particular purpose, and the discovery of this purpose is a source of very pleasant and profitable study to young naturalists. —*Horticultural Times*.

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The Physician and the Plumber.—The question, "Does the plumber have the same confidence reposed in him as the family physician?" has been discussed. This question, of course, relates to the profession of each, and not to personalities, or to the character of each as men. The facts in the case must be presented and viewed as they exist. The practice of medicine is old, that of sanitary science comparatively young. Preventive medicine has not yet established its claim in all the habitations of men, while the practice of medicine—the art of curing disease—is coeval with man's history. So the plumber, as a sanitary agent, is new compared with the physician as a healer of disease. It is quite natural that our confidence is more thoroughly established in an old profession than in a new one. Besides, new ideas and new claims for old ideas grow slowly into common favour. There are many who will express belief in a new thing tardily just because it is new. There are tribes still existing in which civilization has not succeeded in replacing the ignorant sorcerer with the intelligent and learned physician. Houses right in our midst are built with utter disregard for all sanitary conditions, and the idea of constructing a building in conformity with even the simplest rules of hygiene is laughed at. Plumbing is, in many places, looked upon as a convenience and not as a necessity in the promotion of good health. The physician has grown into an age educated up to a proper consideration of his services. There are other facts to be regarded. When people fall ill they know it. When they are well they do not think of conditions apt to bring disease. When they are sick they desire to get well, or their fear of death leads them to secure the services of a physician. When they are well they have no such desire or such fear. They do not take time to think of a possibility of inviting disease, and never take the precaution to have any one remove unsanitary conditions. In sickness the physician is a necessity. In health the plumber is considered a convenience. Here is where education is needed—that kind of education that will instruct in the practical rules of good health, and the means of securing healthful conditions. It is one of the duties now before plumbers and a part—and an important part—of the duties of every sanitarian and health officer in the country who wish to advance the cause of sanitation in a material and substantial way. The question relates most clearly and directly to the subject of sanitation. Were one to take from the physician his medicine chest and leave him equipped as the sanitarian, he would hold the same relation to the public as the plumber does. His counsels and advice would be held in about the same light as the sanitary services of the plumber now are. Narrowed down to the actual point of differences, we would find that the medicine of the physicians, and not so particularly the physician, is the main object in which the confidence is placed. We would not destroy or weaken this confidence, but we feel that if we can in any way aid the public in placing the same confidence in the agencies that prevent disease as they do in those that cure them, we will be rendering them the greatest service it is possible to give. It is as proper and profitable to consult the plumber in his capacity before disease makes its appearance as it is to consult the physician afterward. The one, in the province of the plumber, means the prevention of disease; the other, curing it.—*Sanitary News*.

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Some Ballroom Thoughts.—This dressing-up and taking out to parties is by polite fiction supposed to be done for the amusement of the young women; and undoubtedly, cut off as they are from most active and healthy amusements, they derive some pleasure from the whole business. But, as a matter of fact, it is done as a chance of their marrying as advantageously as possible, else we should not see parents willing to give money for this object which they deny for almost every other pleasure. Possibly, could this system of dress be changed, we should see young women enjoying themselves in a more worthy manner than exhibiting themselves night after night in the unpleasant aspect which they now present. And if they were dressed with ordinary decency there would be more hope of their being able to go to their friends' parties without being accompanied by some old woman. This would be a boon to both, as the old people are greatly exhausted by being kept up all night, and often oblige the young ones to leave earlier than they wish; and sometimes they cannot go at all, for lack of the useless chaperon. All this striving after adornment is the simple and unavoidable outcome of people dressing on a wrong system. The travesty of the human figure by petticoats opens the door to every kind of grotesque deformity and wrong attempts at adornment. To the absence of beauty and to the presence of a permanent ugliness the eye finally becomes accustomed; and the comparison becomes one between various degrees of ugliness, and not between harmoniousness and the reverse. What has ceased to attract notice no longer excites disgust. People are accustomed to see women dressed in a manner totally incompatible either with common sense or ordinary cleanliness (for anything more filthy than the ordinary walking dress could hardly be invented), and they only compare them with one another, and not with what a dress should be. Under such circumstances, it is difficult to hope for much improvement until people see these things more clearly. The dresses worn by the older women are not one whit less objectionable than those worn by the girls. They are quite as open to the charge of nakedness, and look

even more revolting. They also have the drawback of being made with long trains, thus making even the small amount of locomotion which falls to the lot of a chaperon as difficult as may be. Indeed, it would seem as if women imagined that the more uncomfortable they made themselves, the more honour they conferred on the person to whose house they went—till it may truly be said that a dress to wear at Court or at a smart ball presents the women in an aspect of mingled helplessness and indecency that it would be hard to surpass.—*Rational Dress Society's Gazette.*

A photograph of a curious hen's egg has been sent to various journals by C. G. Moore, of Crawfordville, Ga. It was a double egg. It appeared to be an ordinary egg united; it was cooked and broken open, when, to the surprise of every one, instead of finding a yolk, it was discovered that there was a perfectly formed egg within the outer shell. The inner egg seemed to be perfect, and contained the usual white wall and the inner yolk, which was, however, quite small.

Shorthand for Medical Men.—A movement is on foot, which has received the approval of many of the foremost men in the profession in this country, to promote the acquisition of shorthand by medical students, with the view of enabling them to take more accurate notes of lectures, clinical observations, &c. It is argued that shorthand would also be of great use to physicians for keeping notes of cases, writing professional letters, &c. Examinations are to be held in the subject before the student enters on the medical curriculum, and prizes will be given to the most proficient. The promoters of the scheme do not seem altogether to realize that stenography is an art which cannot be acquired by every one, any more than piano-playing or any similar accomplishment. The inherent fallacy in all such schemes is that a standard of proficiency is assumed to be within reach of the multitude which is only attainable by the few. Unless shorthand can be mastered so as to become automatic, it is worse than useless for men who have to observe and record matters which tax their intellectual powers to the full, without the added incumbrance of having to think how they are to write them down. Besides, no existing system of phonography is adequate for the representation of medical terminology, and new symbols will have to be devised for the purpose.

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As many of our readers who live in remote districts prefer to obtain Health from the Publisher direct, and as we are desirous of increasing the already large number of subscribers who give us a yearly order for the journal, we offer the following Free Gifts and Bonuses to all who subscribe to Health for one year or longer:—

(1.) To each Subscriber who remits 10s. 10d. to the Publisher, entitling him (or her) to receive one copy of Health, post free, for one year, we shall present a copy of Dr. Andrew Wilson's work, entitled "A Manual of Health Science" (Longmans & Co.), value 2s. 6d.

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"Conference [maketh] a ready man."—*Bacon.*

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Owing to the mass of letters which reaches us each week, we respectfully direct the attention of Correspondents, desiring replies in the Letter-Box Department of Health, to the following rules:—

1. All questions are answered free of charge in the columns of Health. A limited space only, is available for the insertion of replies each week.
2. All letters must be legibly addressed to "The Editor of Health, 2, Paternoster-square, London, E.C.," *and to no other address.*

3. Questions to which answers are desired by post, are so replied to solely at the Editor's discretion. If no answer is sent by post, the query will be replied to in the "Letter-Box" columns of HEALTH. A stamped addressed envelope must accompany all queries to which a private reply is desired.
4. Addresses of physicians and surgeons will, as heretofore, be forwarded FREE to Correspondents on their enclosing a stamped addressed envelope for reply.
5. Correspondents are requested to write on one side of the paper only, and to make their inquiries as brief as may be consistent with clearness.
6. From the necessity of sending HEALTH to press early in the week, no Correspondent can be replied to in the "Letter-Box" columns in the same week in which the inquiry is received. Replies crushed out of any issue will be found in the succeeding number.
7. No Post Cards must be used in sending queries. Violation of this rule deprives the sender of the privilege of a reply.

QUERIES AND ANSWERS.

REPLIES: GENERAL, SANITARY, AND MEDICAL.

H. Y. M.—Procure a Borroughs, Wellcome & Co.'s Chloride of Ammonium Inhaler, and use it (according to the directions supplied with it) thrice daily. Your druggist will procure you one of these inhalers. In addition try the plan of giving up all other medicines, and of taking a teaspoonful of Inman's Syrup of the Hypophosphites (advertised in our pages), in a wineglass of water, thrice daily, after meals. Let us hear how this treatment suits your case.

D. M.—Go and be thoroughly examined by a good surgeon.

EDNA.—Use the treatment recommended above to "H. Y. M.," and it will almost certainly cure your case.

G. TURNER. — All your symptoms simply indicate that you require a change, and we should advise you to take a holiday. Go to the Isle of Man or any other watering-place, and you will probably get rid of all your troubles. In addition, take Inman's Syrup of the Hypophosphites as ordered to "Longhope" in last week's HEALTH. Take a little stout to dinner.

M. T. ROSS.—You suffer from indigestion. Look to your food, and regulate your diet, &c., according to the rules laid down to "E. Wallace" in the present number.

T. J.—Read the pamphlet "A Lecture to Young Men," (post free, for 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C.), and you will find full information given in its pages. What you name, as the pamphlet will teach you, is not in any sense unnatural.

C.—The book you send is not at all a scientific work, and contains many very absurd statements. Read the pamphlet recommended to "T. J." above, for exact information on the topic you mention; and send us stamps for return of your book—enclose your address.

E. H. WILSON. — The wash recommended to "Bimbi" in HEALTH, No. 327, would suit you.

AYAH.—Avoid constipation by the use of the diet and Cascara recommended to "E. Wallace" in the present number of HEALTH, and use, as an injection, morning and night, a little tepid water to which Condy's Fluid has been added in the proportion of a teaspoonful to a tumbler of water.

FLORENCE.—You must have your ears thoroughly examined by an ear-surgeon to assure yourself that the trouble does not begin (and end) with the ears. Thereafter, let us hear the result of this advice.

ELECTRIC 192.—Better to act on the principle of letting well alone. The plan you propose might only have the effect of setting up irritation. If the affection ever becomes actually painful, consult a good surgeon.

BEACONSFIELD.—The proper treatment for bilious headaches is, first of all, to cease taking flesh-foods, and to adopt a farinaceous diet largely. Begin the treatment by giving a dose or two of Lamplough's Pyretic Saline, then give a little milk well diluted with soda-water—or plain soda-water as a drink—the food to be extremely light, and to consist of rice, tapioca, cornflour, and the like, made plainly. A little Cascara Cordial (twenty drops in water) may be given on the second day, between meals, once or twice, by way of aiding the excretions; and then the usual diet should be resumed carefully, beginning with white boiled fish, and soups, stale bread, &c. The causes of bilious headaches, as a rule, are eating too much flesh-meat, cheese, salt meat, pastry, and other indigestibles. Care in diet is, therefore, the only preventive, and by at once ceasing to take butcher-meat, and taking the Saline as above ordered, the symptoms may be often cut short. Let us hear how this treatment acts.

WILLIAMS.—You must consult a good surgeon. That is your only wise plan. We can send address of such if you send stamped addressed envelope.

CHARLES TOLSON.—Go for a holiday to Blackpool or the Isle of Man, and you will find your troubles to disappear. You only require change of air; but you must also rest after your meals regularly, and avoid eating to excess. Rather under-feed slightly, than over-eat.

A. GILLESPIE.—Try a lotion composed of one part Friar's Balsam added to nine parts rose water, and apply to the skin. If not cured, write again. Use the Oriental Aromatic Salts to soften the water you wash with.

E. SENNETT.—The formula for powders for the relief of acidity and indigestion is as follows:—Carbonate of bismuth, ten grains; wood charcoal, ten grains; bicarbonate of soda, five grains. Mix. One such powder to be taken thrice daily, half an hour before meals.

NEPA.—You may derive much benefit from inhaling the vapour of a pint of hot water to which ten or fifteen drops tincture of iodine have been added. Internally, take fifteen drops Fer Bravais, in water, after your food, thrice daily, as a general tonic.

BIXBY.—For the hair, use the following lotion:—Solution of ammonia, half an ounce; tincture of cantharides, half an ounce; eau de Cologne, one ounce; water, to eight ounces. Mix. Rub into the roots morning and night with a soft sponge or piece of lint.

OATES CLEGG.—Read the pamphlet recommended to "T. J." in the present number, and regulate your diet according to the directions it gives. The rule of resting after your meals must be attended to rigidly. Playing at cricket in moderation will do good, only do not begin the game just after eating.

OXENOPE.—Use the ointment recommended to "E. Paterson" in HEALTH, No. 325, and continue to wash with Vinolia Soap.

CALDER VALE.—See and follow advice given to "Chancery" in last week's HEALTH. In addition, an injection of tepid water, to which a little Condy's Fluid has been added, might be tried morning and night.

D. S. C.—Wear light and porous woollen underclothing; wash the parts night and morning with Bayley's Spermaceti Soap and tepid water, and after washing dust on the parts a little of Woolley's Sanitary Rose Powder (advertised in our pages). If not cured, write again.

COR.—Our opinion is that you should live for some months yet the quiet country life you are now leading. Do not exert yourself, but if you take any active exercise at all, try the plan of slowly walking up gentle ascents or hills twice or thrice daily. This has been recommended as a strengthening measure in cases like yours. For the rest, live plainly but generously. If any tonic be needed, try that recommended to "Longhope" in last week's number.

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ESTABLISHED OVER FORTY YEARS.

E. WALLACE.—Try a vegetable dietary—stewed fruits, apples or oranges, &c., and whole-meal bread, with Grant's Oat Flour for supper and breakfast; avoid tea and coffee; take Cascara Cordial, twenty drops in water (or two Tabloids), between meals, once or twice daily.

DIAMOND. — Try Dahl's Cakes and Cascara Cordial—dose of latter twenty drops in water once daily; but a teaspoonful of glycerine, used as an enema each morning, is also a capital and safe remedy.

CASHIER.—Bayley's Cure for Piles should be tried in preference to that you name. The Pyrmont Tablets and Ointment are to be had at 17, Cockspur-street, Pall-mall, London, S.W.

C. BARNES. — Mr. Pulvermacher, 194, Regent-street, W., will advise you fully on the subject. The matter need not distress you at all.

G. B. S.—Use the "Nebulizer," along with one of the solutions for which recipes are given. Apply to Mr. Holt, 74, Fleet-street, E.C.

E. PRICE. — 1. The Medical Battery Company, 52, Oxford-street, W., will supply you with a cheap washable truss. 2. Only a surgeon can inform you after examination if an operation is necessary.

C. E. WAITE.—Rowland's Kalydor is a perfectly safe preparation to use, and is an excellent preventive of sunburn and other forms of skin-irritation.

MARS.—Use Sanitas Disinfectants (powder and fluid) freely all the hot weather. They are non-poisonous and efficient.

NONA.—Apply to the French Hygienic Society, 6, Conduit-street, Regent-street, London, W., for a safe preparation.

S. E.—Try the Vin Mariani (Roberts & Co., New Bond-street, London, W.) as a suitable tonic. Use as directed on the bottle.

SOMALI. — Wash the parts night and morning with Bayley's Spermaceti Soap (17, Cockspur-street, Pall-mall, London, S.W.), and avoid alcohol for a time. Apply a little Hazeline as a lotion to the parts after washing.

G. BATTY.—By means of a small syringe, inject a teaspoonful of pure (Price's) glycerine, either by itself or mixed with water. This is an excellent remedy for constipation. Try also Cascara, either in the shape of the liquid extract (twenty drops in water at night) or of tabloids—the latter made by Burroughs, Wellcome & Co., Snow-hill-buildings, London, E.C.

A. BELL.—A tepid bath and massage to the abdomen each morning will benefit your case.

E. SINCLAIR.—Read the pamphlet, "A Lecture to Young Men," (post free, 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C.), and follow out the rules it gives.

MAB. — Dr. Pavy's recipe for beef-tea, given in our pages frequently, is as follows: Mince a pound of lean beef finely, and pour upon it into a jar one pint of cold water. Stir, and allow the mixture to stand for an hour. Then place the jar in a saucepan of water, and set the pan over a stove or gas fire, and allow the water to boil gently for an hour. Remove the jar and pour its contents over a strainer. The beef-tea which runs through contains a fine sediment, to be drunk with the liquid, after being flavoured with salt.

B. G. A.—For styes try the following: Acid boracic, ten grammes; distilled water, three hundred grammes. Dissolve. With a wetted piece of wadding drop some of this solution on the stye several times a day.

ELINORE.—We should recommend you to try a little stout each day to dinner. Your total abstinence is probably too rigid for you.

BASTIAN.—When the pain you describe is present take two Antipyrin Tabloids (Burroughs, Wellcome & Co.'s) in water, and repeat the dose in two hours, if not relieved. If the pain continues, we should advice you to consult a physician.

A. S. T.—Give up the tonic for a time, and take twenty or thirty drops of the Cascara Cordial, or two Cascara Tabloids, twice daily between you meals. Eat wholemeal bread, Dahl's Cakes, stewed fruits and vegetables, and avoid tea and coffee. Substitute for tea, morning and night, Scott's Midlothian Oat Flour.

LORTON.—The appliances you have been using are in every way reliable, and we advise you to continue their use for awhile longer. Take also a wineglass of Vin Mariani after your meals, twice daily, as a suitable tonic, and a cold or tepid sponge bath each morning may do you a world of good. Write again, if not bettered, in a month or so.

MILITAIRE.—Give up using a hard brush and all small and hard combs. Wash your head once a week with Bayley's Spermaceti Soap (17, Cockspur-street, Pall-mall, London, S.W.), and apply a little glycerine of borax to the roots each morning.

A. BARBER.—You should bear in mind that no drug alone can ever cure constipation. Try Cascara Cordial in twenty-drop doses, taken in water, once or twice daily, between meals; and follow up this remedy, and render its effects permanent, by the use of a diet largely vegetable in its nature—such as Grant's Oat Flour, stewed fruits, prunes and apples, ordinary vegetables, &c. Take Dahl's Cakes also as part of the treatment.

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